

NAME OF ACTIVITY	SIT – STAND – LAY DOWN			TYPE	SHORT FORM
FUNCTION	Get into the situation   Active involvement and presence   Observing   Impulse transfer and reception   Teamwork				
DESCRIPTION	<p>With some grouping strategy, we form trios from the participants; these trios are spaced apart in the playing field so that they can see the activity leader in the middle. The task is to agree (by watching each other) within a group, without discussion, who is sitting, who is standing, who is lying - everyone has to make all three of the trio. Participants can't sign or talk, they just have to look at each other and move like that. At the signal of the leader (which can be a clap or something visual), the members of the trio have to change positions very quickly - no one can stay in the previous position, but the rule is that 1 member of the trio sits, 1 stands, 1 lies. If the team messes up, or is the last to make the switch, they get an error point. Teams compete against each other. After 3 error points, the team is eliminated.</p>				
ELIGIBLE COMPETENCIES, SKILLS, ATTITUDES	When does the group need me?   Cooperation in a complex task   Speed				
RELATED GAME OR BACKGROUND GAME	-				
FORM OF WORK	PLAYTIME	AGE GROUP	TOOL OR STARTING POINT	DIFFICULTY LEVEL (1-5)	OTHER
Whole group in trios	10-15 minutes	All	-	2	<p>Activity requires a lot of space.</p> <p>Due to the movement and speed, the activity is suitable for relaxation and stress relief after an activity that requires higher concentration.</p> <p>For integrated or mixed groups, Sign Language or an interpreter is required for instruction. Not during the activity, because the linguistics is uniform (leader only uses one sign to show when to switch).</p>